

Kenosha Senior Center NEWSLETTER

Photo By Peggy Pontillo

Vol. 28, No. 1

January 2023



2717 - 67th Street
Kenosha, WI 53143
Phone: 262-359-6260

Senior Center Hours

Monday-Friday 8:30am-3:45pm

Visit us on the web at:

www.kusd.edu/seniorcenter

"Like" us on Facebook at:

www.facebook.com/kenoshasenior

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Denise Jacob and Kandy Stull

Senior Dining 262-351-6246

BOARD OF DIRECTORS

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	Coordinator of Recreation

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Barbara Johnson	Ron Mengel

Dear Friends,

Happy New Year! It's that time of year when we often make New Year's Resolutions - those passionate, determined, optimistic, and sometimes desperate pledges we make to change ourselves. So often the resolutions we make in January fade as the year progresses. How do we get from where we are to where we want to be, without giving up in frustration? Consider skipping the resolutions this year. In their place, make change happen by joining the Senior Center or if you are already a member - try a new activity. We can't control all the change in our lives, but we can act intentionally to shape our lives and experiences.

If you think the change you need in your life is to re-connect with people, exercise more, be happier, get out of the house, be healthier, eat better, make friends, or laugh more - you can make it happen at the Senior Center! Change doesn't happen quickly. It takes time and patience, but small acts, performed consistently, can create change over time. So come to the Senior Center. Try a new activity. Keep coming and you will start to see all the positive changes that happen for you.

Wishing You a Fun, Healthy and Happy 2023!!

See you at the Center!

Sincerely,

Denise



2023 Special Events and Trips

Fri. January 20, 2023	-	Beach Party Dance
Fri. February 17, 2023	-	Valentine's Dance
Fri. March 17, 2023	-	St. Patrick's Day Dance
Spring 2023 (tentative)	-	Gambling Trip
Thurs. April 6, 2023	-	Fireside Theatre: The Music Man
Fri. April 28, 2023	-	Kentucky Derby Dance
Fri. May 19, 2023	-	Spring Dance
Summer 2023 (tentative)	-	<i>Kenosha Kingfish Ballgame</i>
Thurs. May 12, 2023	-	Fireside Theatre: Grumpy Old Men
Fri. June 16, 2023	-	Summer Dance
Thurs. July 6, 2023	-	Brewers vs Cubs in Milwaukee
Thurs. July 13, 2023	-	Fireside Theatre: Legends in Concert
Thurs. Aug 10, 2023	-	Kenosha Senior Center: <i>Annual Picnic</i>
Summer 2023 (tentative)	-	State Fair Park: <i>Wisconsin State Fair</i>
Fri. September 15, 2023	-	Dance
Thurs. October 5, 2023	-	Fireside Theatre: Titanic The Musical
Fri. October 27, 2023	-	Halloween Dance
Sat. Nov. 11, 2023	-	Kenosha Senior Center: <i>Holiday Craft Fair</i>
Fri. November 17, 2023	-	Thanksgiving Dance
Thurs. November 30, 2023	-	Woodfield Mall: <i>Holiday Shopping Trip</i>
Fri. December 1, 2023	-	Kenosha Senior Center: <i>Deck the Halls Party and Cookies , Cocoa and Carols Party</i>
Fri. Dec. 8, 2023 (tentative)	-	<i>Kenosha Senior Center Christmas Party</i>
Thurs. Dec. 14, 2023	-	Fireside Theatre: <i>Scrooge The Musical</i>
Fri. December 15, 2023	-	Holiday Dance

Additional Trips may be added for Spring and Summer. Check monthly for updates.

ALL EVENTS & TRIPS ARE SUBJECT TO CHANGE!



FUN TRIPS!
Brewers, Cubs, Kingfish, Drury Lane, Fireside, Dancing Horses, Milwaukee Tours, Chicago Tours and more. Check The Special Events and Trips List monthly for updates.



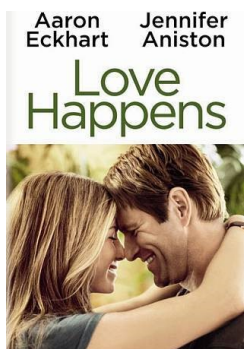
Movie

Friday, January 13th at 1pm

Love Happens

Jennifer Aniston and Aaron Eckhart star in this romantic drama. When self-help author Dr. Burke Ryan arrives in Seattle to teach a sold-out seminar, he unexpectedly meets florist Eloise Chandler, the one person who might be able to help him help himself. But will two people who may have met the right person at exactly the wrong time be able to give love a chance? If they can, they will find that sometimes, when you least expect it....love happens.

Run-Time 1 hour 49 minutes
Rated PG-13



DONUT DAY



9:30am-10:30am
FREE
Coffee and Donuts

Wednesday, January 18, 2023

Sponsored by Kenosha Senior Center

Call the Center at 262-359-6260 to sign up

Virtual Stepping On Workshop

Tuesdays, January 10-February 21, 2023
From 9am—11am



In just seven weeks, you will learn:

- How vision, hearing, medication and footwork affect your risk of falling.
- Strength and balance exercises to help maintain physical strength to walk confidently.
- How to make an individualized action plan to stay on your feet and living life fully.

RSVP by January 5, 2023

ADRC: 262-605-6646 or adrc.kenoshacounty.org

PROVEN TO REDUCE FALLING RISK BY 31%

Blood Pressures and Bone Density Test Thursday, January 26, 2023 8:30am-11am

Take advantage of monthly health screenings,
offered right here at the Senior Center

Interested in a Bone Density Screening?

Register for a 15 minute appointment at the front desk or call 262-359-6260.

Interested in a Blood Pressure Screening?

No need to register. Just stop in that morning.

Presented by Aurora Health Care

Movie and Quarterly Meeting

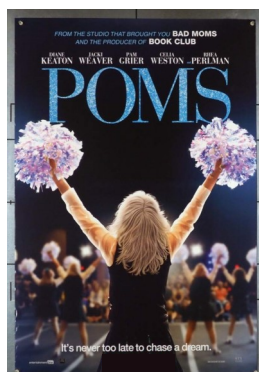
Thursday, January 26th
at 1pm

Movie to follow:

Poms

An uplifting comedy about a woman who starts a cheer-leading squad at a retirement community. Starring Diane Keaton, Jacki Weaver, Pam Grier, Celia Weston and Rhea Perlman. *Poms* is a "heartfelt and hilarious" story that proves it's never too late to follow your dreams.

Run-Time 1 hour 31 minutes
Rated PG-13



Mahjong Lessons For Beginners

Tuesdays, January 10, 17, 24, 31
From 9:30am to 10:30am



Slower paced Mahjong lessons for beginners.
Watch a short YouTube video and have practice time at each lesson.

Call the Center at 359-6260 to sign up.



Wii Bowling League Banquet

Thursday, January 12, 2023 at 1:30 pm

All bowlers who participated in the Fall Wii Bowling League are invited to an afternoon of food, prizes, awards and fun! Please RSVP by Friday, Jan. 6th to Denise at 359-6117.

Wii Bowling League Sign Up for Winter Session Monday, January 9, 2:30 pm



There will be a meeting for everyone interested in joining the next Wii Bowling League. Sign up for the league will be held at the end of the meeting. **The winter league will be held on Mondays at 12:30 pm, beginning January 23rd.** The cost is only \$5.00 to join. If you've every thought about playing Wii Bowling, come to this meeting and learn more about it.

**EVERYONE
IS WELCOME HERE**



Another Game Day!

**Friday, January 27, 2023
at 1:00pm**

Test your knowledge against your peers
Or just come and cheer on your friends!

Karla do Vale, Life Enrichment Coordinator
for Hospice Alliance, will return to be our
host for this fun afternoon.

**Call the Center at 262-359-6260
to sign up**



Find The Logo Contest



We have hidden our Kenosha Senior Center Logo somewhere in this newsletter. It is a miniature version of the logo. Look carefully throughout the newsletter and if you are lucky enough to find it, call the front desk at 262-359-6260 or email kstull@kUSD.edu with your name, phone number and where the logo was located. We will do a random drawing of all the correct entries for a prize at the end of the month. Please submit entries by the 20th of this month. You can participate every month.

November Winners!!

Linda Bazata, Carol Craig & Barbara Johnson

Thank You For Participating!

Kenosha Senior Center Orientation Wednesday, January 25, 2023 at 9:00am



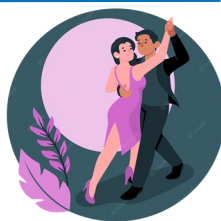
Learn more about the Senior Center

- Take a tour
- Learn how to use the Kiosk to sign in
- Find out where to park and where not to park
- Find out how day trips work: What are the 2022 trips? When are they sold? How much do they cost? How to sign up.
- Where to sign up for special events
- Understand the calendar and listings
- Get all your questions answered!

**Call the Senior Center at
262-359-6260 to sign up today**

Open Ballroom Dance Wednesdays at 10am

Love to ballroom dance? Looking for people to dance with? Come Wednesday mornings and *Just Dance!* Everybody is welcome! No partners needed. Singles, couples, beginners, intermediate or advanced. This is not a lesson. There is no fee. This is open dance time for anyone interested in ballroom dancing. It's a great way to meet new people, dance and socialize.



FREE BINGO

**Tuesday, January 24, 2023 at 1pm
For Senior Center Members**

- **Register** by Noon, on the Thursday before BINGO. Call 262-359-6260 to register.
- **CARDS:** When you come to the Center, you will get a card.

**Sponsored by
Good Value Pharmacy**



Free Tax Aid AARP

**Thursdays, February 2 thru April 6, 2023
9:00 am - 2:30 pm by appointment**

Tax-Aide is a free program sponsored by the IRS & AARP that provides income tax counseling, primarily to persons with low or moderate income, who are age 60 and over. The Kenosha Senior Center is one of the locations where their volunteers help people.

**You can set up an appointment for tax help
beginning Tuesday, January 24, 2023 at 9am.**

- Call (262) 671-0848 to set up your appointment. The phone line is open from 8:30am until 3:30pm Mon. thru Fri. You will get an answering machine. Leave a message and someone will return your call to make your appointment.
- Make your appointment online. Representatives from AARP will be at the Senior Center from 9am-11am on Tuesday, January 24, 2023 to assist you in making your tax appointment.

Class Updates



- The Center will be closed on January 1st and 2nd for the New Year's Holiday and on Monday, January 16th for Martin Luther King Jr. Day
- No Chorus for January and February

Check Calendar for all Changes



Come dressed
for summer fun!

Friday, January 20, 2023 at 1:30pm
with Ernie Garner!

Dances are FREE and open to the senior public so bring your friends!
Snacks & door prize sponsored by Brightstar

2022 Christmas Party



2022 Christmas Party



Kenosha Senior Center Class & Activity List

Classes, activities and fees are subject to change. Call 262-359-6260 to confirm an activity

Class/Activity	Days	Times	Cost
American Issues	Wednesday and Friday	10:00am - Noon	Free
Art Class	Wednesday	9:00am - 11:00am	\$5.00 per class & your own supplies
Ballroom Dance Lesson	1st, 2nd, 3rd Tuesday	1:00pm	\$7.00
Bingo for Members	4th Tuesday (Check Calendar)	1:00pm	Free
Bridge, Drop-In	Thursday	1:00pm	Free
Book Discussion	Monday	2:15pm	Free
Cardio Drumming	Friday	10:30am	Pre-register for each session
Chorus "Forever Young Chorus"	Thursday	10:30am-Noon	\$2.00 per class
Comfort 4 a Cause	2nd and 3rd Wednesday	12pm-3pm	Free
Cribbage	Friday	10:15am	Free
Dances-Monthly	One Friday a Month (Sept. thru June)	1:30-3:30pm	Free
Dominos	Tuesday	1:00pm	Free
Drop-In	Monday thru Friday	When Center is Open	Free
Euchre	Thursday	1:00pm	Free
Exercise Class	Monday, Wednesday & Friday	9:00am - 10:00am	\$1.00 per class
Foot Clinic	2nd Friday every other month	9-12:30pm by appt.	\$35.00
Junk Journal Crafting	Thursday	9-Noon	Free-Bring your own supplies
Knit & Crochet	Friday	9:00am - 11:00 am	Free - Bring your own supplies.
Line Dance with Norm	Monday	9:00am -10:30am	\$5.00 per class
Mahjong	Tuesday and Friday	T: 1:00 pm, F: 10:15 am	Free
Movies	One Fri. a Month & After Qrtly Mtgs.	1:00pm	Free
Open Ballroom Dance	Wednesday	10am	Free
Ping Pong	Monday and Thursday	9:00am-Noon	Free
Pool (Billiards) - Open	Monday thru Friday	Closed during events	Free
Sheepshead	Tuesday and Wednesday	T:8:30am W:1:00pm	Free
Tai Chi	Tuesday	9:45am	\$3.00 per class
Tech Help with Sara	Friday	8:30am-1:00pm by appointment	\$20.00/hour session
Total Body Conditioning Strength Training Class	Tuesday and Thursday	T:11:00am Th:9:00am	\$2.00 per class
Trips	One or Two a Month	See Newsletter	See Newsletter
Walking Group: "Goldens on the Go"	Summer: Wednesday & Friday	8:00am & 10:00 am	Free
Wii Bowling	Thursday/Monday during taxes	12:30pm - 3:00pm	\$5.00 sign up fee
Wood Burning	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Wood Carving	Monday	9:00 - 11:00 am	Free - Bring your own supplies.
Woodturning	Monday thru Thursday	8:30-10:30am by appt.	First lesson \$20, then \$1 per class
Writing for Fun	Tuesday	10:30 - 11:30 am	Free - Bring your own supplies.
Yoga (Chair)	Monday	1:00pm	\$1.00 per class

Activity Calendar		KENOSHA SENIOR CENTER				January 2023
SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
1	2 CLOSED 	3 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	4 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	5 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	6 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong	7 Center Closed
8 Center Closed	9 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion <u>2:30pm Wii Bowling League Sign Up</u>	10 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead <u>9:30am Mahjong Lesson</u> 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson <u>1pm Board Meeting</u>	11 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheepshead	12 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge <u>1:30pm Wii Bowling Banquet</u>	13 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1pm Movie</u>	14 Center Closed
15 Center Closed	16 CLOSED 	17 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead <u>9:30am Mahjong Lesson</u> 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	18 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class <u>9:30am Donut Day</u> 10-Noon Am. Issues 10am Open Ballroom Dance 12-3pm Comfort 4 A Cause 1pm Sheepshead	19 8:30-10:30am Woodturning by Appt. 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm Euchre 1pm Drop in Bridge	20 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1:30pm Beach Party Dance</u>	21 Center Closed
22 Center Closed	23 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance <u>12:30pm Wii Bowling</u> 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	24 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead <u>9:30am Mahjong Lesson</u> 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson <u>1pm BINGO</u>	25 8:30-10:30am Woodturning by Appt. 9-11am Art Class 9-10am Exercise Class 10-Noon Am. Issues 10am Open Ballroom Dance 1pm Sheepshead	26 8:30-10:30am Woodturning by Appt. <u>8:30am-11am Health Screens</u> 9-10am Total Body Conditioning 9-Noon Ping Pong 10:30am NO Chorus 9-12 Junk Journal Craft 1pm NO Euchre 1pm NO Drop in Bridge <u>1pm Meeting & Movie</u>	27 8:30-1pm Tech Help 9-10am Exercise Class 9-11am Knit & Crochet 10am Am. Issues 10:15am Cribbage 10:15am Mahjong <u>1pm Game Day: The Price Is Right</u>	28 Center Closed
29 Center Closed	30 8:30-10:30am Woodturning by Appt. 9-10am Exercise Class 9-Noon Ping Pong 9-11am Woodcarving 9-11am Wood Burning 9-10:30am Line Dance <u>12:30pm Wii Bowling</u> 1pm Chair Yoga 1pm Golf Card Game 2:15pm Book Discussion	31 8:30-10:30am Woodturning by Appt. 8:30am Sheepshead <u>9:30am Mahjong Lesson</u> 9:45am Tai Chi 10:30am Writing for Fun 11-12pm Total Body Conditioning 1pm Dominos/Mahjong 1pm Ballroom Dance Lesson	Senior Center Hours Monday-Friday 8:30am-3:45pm Closed Saturday and Sunday Phone: (262) 359-6260 Pool Tables are open Monday thru Friday 8:30am-3:30pm Except during movies, meetings, dances and closures. Pool Tables closed the afternoon of January 26th			

January Word Search

Winter Wonderland

E	F	R	B	Y	R	E	P	P	I	L	S	C	H	I	L	L	Y
P	R	E	R	S	F	F	U	M	R	A	E	F	W	D	L	O	C
S	O	T	T	I	N	S	Y	B	S	L	E	Y	Y	D	N	I	W
T	Z	N	R	O	N	L	E	C	A	L	P	E	R	I	F	O	I
O	E	I	B	E	C	L	H	P	S	H	O	V	E	L	V	J	E
O	N	W	T	O	O	A	L	M	T	Y	R	A	U	R	B	E	F
B	S	T	A	W	T	O	G	L	O	V	E	S	T	D	E	L	S
B	I	T	Z	O	W	C	D	Y	R	E	T	S	U	L	B	N	S
M	S	E	T	A	N	R	E	B	I	H	O	R	S	S	O	E	S
E	R	K	A	S	E	U	R	S	B	R	E	O	N	W	I	X	K
O	B	N	N	T	S	E	N	H	F	V	N	O	J	R	B	F	A
E	T	A	J	T	V	O	P	K	E	A	W	A	R	L	H	R	T
L	E	L	I	I	W	S	C	F	M	S	N	U	I	Y	E	A	I
C	C	B	H	S	K	A	N	W	U	U	L	Z	T	O	A	C	N
I	A	S	T	I	J	I	O	I	A	F	Z	S	T	K	T	S	G
C	A	O	I	G	B	N	T	R	Z	A	O	I	C	Y	E	F	L
I	R	N	A	A	S	A	Y	G	R	R	Y	T	S	O	R	F	J
M	G	A	C	N	L	R	A	D	F	T	A	O	C	O	C	Z	Q

BELOWZERO

BOOTS

COCOA

FIREPLACE

FROZEN

HIBERNATE

JACKFROST

SHIVER

SLED

SNOWSTORM

BLANKET

CABINFEVER

COLD

FLURRIES

GLOVES

ICICLE

MITTENS

SHOVEL

SLIPPERY

SNOWSUIT

BLIZZARD

CHILLY

EARMUFFS

FROSTY

HAT

ICY

PLOW

SKATING

SNOW

WINDY

BLUSTERY

COATS

FEBRUARY

FROSTY

HEATER

JANUARY

SCARF

SKIING

SNOWMAN

WINTER

Sudoku Puzzle #1

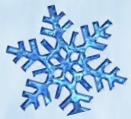
Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

	1						4	3
					9		6	
	7	6						
						3		
5		8	4		3	6	1	
		9	6					8
4					7			
6						8		5
					5		3	9



The answer to this puzzle is on page 23



4 Ingredient Reuben Casserole



Ingredients

- 16 ounces boneless skinless chicken breasts**
- 2 cups sauerkraut drained**
- 4 (1 ounce) slices swiss cheese**
- 1 bottle thousand island dressing**

Directions

- Preheat oven to 350 degrees.
- Spray baking dish with cooking spray.
- Place chicken in baking dish.
- Spread sauerkraut over chicken and top with 1 slice of cheese.
- Pour 2-4Tbs of thousand island dressing over chicken, (use more or less for your own taste)
- Cover dish with foil and bake until cheese is melted and chicken is tender, approximately 30-40 minutes.



Hearty Breakfast Casserole

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 pound breakfast sausage
- 1/2 small yellow onion diced
- 1 red bell pepper seeded and diced
- 1 (30 ounce) bag frozen diced hash brown potatoes thawed
- 8 ounces freshly shredded cheddar cheese
- 3 tablespoons sliced chives
- 6 large eggs beaten
- 1/2 cup whole milk
- salt and pepper to taste



Directions

1. Preheat oven to 375°F. Lightly grease a 9"x13" baking dish and set aside.
2. Place a skillet over medium heat. Add 1/2 tablespoon oil and brown sausage, breaking up as it cooks, 5 to 7 minutes. Using a slotted spoon, transfer sausage to a large mixing bowl. Discard any excess fat and liquid from pan.
3. Add remaining oil to pan and sauté onions and bell pepper for 5 to 6 minutes, until vegetables just begin to caramelize. Season with salt and pepper and stir together. Transfer vegetables to bowl with sausage.
4. Add diced potatoes, 2/3 of shredded cheese, 2 tablespoons chives, and salt and pepper to sausage and vegetable mixture and gently toss together until fully combined.
5. In another bowl whisk together eggs and milk and pour mixture over sausage vegetable mixture. Fold together until just combined.
6. Pour mixture into prepared baking dish and sprinkle top with remaining cheese.
7. Cover casserole tightly with foil and bake for 35 minutes. Remove foil and continue to bake for an additional 10 minutes or until eggs are set. Top with remaining chives and serve!





January Birthdays



Susan Cairns	Jan 01	Elizabeth Luschenat	Jan 10	Judy Bjorn	Jan 20
Helen Dahl	Jan 01	Martha Duran	Jan 11	Gary Sepanski	Jan 20
Carol Otahal	Jan 01	Leo Gallo	Jan 11	Karen Curran	Jan 21
Dennis Ciskowski	Jan 02	Kurt Ida	Jan 11	Margo Graham	Jan 21
Jean Preston	Jan 02	Gloria Keckler	Jan 11	Dorothy Merten	Jan 22
Joan Hall	Jan 03	Gerald Becker	Jan 12	Mary Harris	Jan 23
Cheryl Brown	Jan 03	Patricia Gorka	Jan 12	Dennis Manke	Jan 23
Karla Bielewicz	Jan 04	Ruth O'Hanlon	Jan 12	Delores Marinelli	Jan 25
Richard Guenther	Jan 04	Lynne Wegner	Jan 12	Theresa Modory	Jan 25
Eve Lawler	Jan 04	Nancy Connell	Jan 13	James Moldenauer	Jan 25
Deb Miles	Jan 04	Pat Seibel	Jan 13	Susan Van Bendegom	Jan 25
Mary Miller	Jan 04	Janice Bulanda	Jan 14	Denny Bell	Jan 26
William Prager	Jan 04	Carla Dochterman	Jan 14	Yvonne Brandes	Jan 26
RoseAnn Spitzer	Jan 04	Joanne Hamilton	Jan 14	Karie Greidanus	Jan 27
John Griffiths	Jan 05	Doris Hansen	Jan 14	Janice Laufenberg	Jan 27
Diane Price	Jan 05	Margaret Cannestra	Jan 15	Joan Nikolai	Jan 27
David Schneider	Jan 05	Gale Kirk	Jan 15	Janice Pieper	Jan 27
Linda Englund	Jan 05	Shirley Pitts	Jan 15	Glenda Bergerson	Jan 29
Wayne Rongholt	Jan 05	Mayva Fish	Jan 15	Noreen Bloxdorf	Jan 29
Simone Jones	Jan 06	Dorothy Bohleen	Jan 16	Sandra Ogren	Jan 29
Karen Kaleck	Jan 06	Debra Harris	Jan 16	Wayne Tabbert	Jan 29
John Stear	Jan 06	Beverly Junkerman	Jan 16	Peggy Walker	Jan 29
Judith Juliana	Jan 07	Patrick Stulgin	Jan 16	Jane Yde	Jan 29
Barbara Helms	Jan 07	Anthony Paura	Jan 16	Anita Alter	Jan 29
John Cline	Jan 07	Patrick Moran	Jan 17	Rose Ann Ambrowiak	Jan 29
Orville Haney	Jan 08	Mildred Nutini	Jan 17	Joyce Istvanek	Jan 30
Emily Montemurro	Jan 08	LuAnn Rohde	Jan 18	James Winfield	Jan 30
William Colombe	Jan 09	Grace Falduto	Jan 19	Susan Singer	Jan 30
Donald Jervis Sr.	Jan 09	Bettye Horton	Jan 19	Robert Gamez	Jan 31
Shirley Nelson	Jan 09	Shirley Lawler	Jan 19	Joyce Ritacca	Jan 31
Corinne Roiter	Jan 09	David Behling	Jan 19	Janet Smith	Jan 31
Kathy Uhl	Jan 09	Kathy Reyna	Jan 20	Diana Stone	Jan 31
Shirley Markus	Jan 10	Steve Wicks	Jan 20	Richard Politzer	Jan 31
Maryann Toboyek	Jan 10				

Sudoku Puzzle #2

Basic Directions

- ♦ Each column must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each row must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ Each block in the grid must contain all of the numbers 1 through 9, without repeating any of the numbers.
- ♦ You cannot change any of the prefilled numbers.
- ♦ The puzzle is complete when all the boxes are correctly filled in.

SUDOKU

2			5				3	
			4				9	
					2		8	6
3		6						
5	9			6				
		8					1	
6		2			5			
	8		3		9			2
		9				4		

The answer to this puzzle is on page 23

Senior Dining

Fellowship, Food and Fun

Sit Down Meals Served at 11:30am

Suggested donation is \$3.00



- 🍎 Meals include dessert and beverage
- 🍎 Open to anyone 60+ and their spouse, regardless of age
- 🍎 Great way to meet new friends
- 🍎 Menus available at the Senior Center or on-line at kafasi.org/nutrition.html

**Call 262-351-6246 to make a reservation
by 10:30am the prior day**

In-Person Senior Dining ... More than just a meal

No Senior Dining January 1st, 2nd and 16th

Meal Options For Anyone Age 60 or Older

**Call 262-658-3508 to make a reservation for any site
by 10:30am the previous day**

In Person Dining

- Parkside Redeemer, 2620 14th Place. Call 262-552-7737 at least 24hrs in advance to reserve a meal.
- Kenosha Senior Center, 2717 67th Street. Call 262-351-6246 at least 24hrs in advance to reserve a meal.
- Westosha Senior Center, 19200 93rd Street. Bristol. Call 262-358-5554 at least 24hrs in advance to reserve a meal.

Hot and Cold Meal Curbside Pick-up (Hours are 11:30am-12:30pm)

- **Wednesday and Friday** - Village Pub of Silver Lake, 307 N. Cogswell Dr., Silver Lake
- **Thursday** - Kenosha Achievement Center, 1218 79th Street in Kenosha

At time of pick-up seniors will receive one meal that is hot and ready to eat and a second meal to put in the refrigerator to eat later. There is no fee for food but a donation of \$4.00 per meal (\$8.00 total) is requested.

1-Frozen Meal Pack 2-DIBS2.0 3-Hot Meal Pick Up 9:30am-11:30am on Tuesday - KAFASI, 7730 Sheridan Rd.

Participants are able to pick up 1, 2, or all 3 options on a weekly basis at one of the pick-up sites listed above.

Option 1: Each pick up will include 5 frozen meals with beverages and crackers. There is no fee for food but a donation of \$3.00 per meal is requested.

Option 2: Available are 7 shelf stable meal recipes complete with the ingredients needed to make them in two reusable grocery bags. There is no fee for this, but a donation of \$10.00 is requested.

Option 3: A hot meal ready to go complete with a beverage and side. Suggested donation is \$3.00.



Kenosha Senior Center

GROUP FITNESS CLASSES

Get Active Stay Healthy!

Call the Senior Center a 262-359-6260 with Questions

Total Body Conditioning *with Denise*

Tuesday at 11am & Thursday at 9am

Fee: \$2.00 per class

This strength training class incorporates body weight resistance along with hand weights and resistance bands to achieve a total body workout. Exercises are designed to increase muscular strength & endurance with flexibility balance & core work for the perfect workout.

Chair Yoga *with Denise*

Monday at 1pm

Fee: \$1.00 per class

This class involves a series of seated and standing postures to improve balance, increase strength, lubricate joints and increase mobility. Movements are connected with breath work, to calm and focus the mind. The class ends with a quiet meditation.

Exercise *with Jessica and*

Monday, Wednesday and Friday at 9am

Fee: \$1.00 per class

This class combines safe stretching and strengthening exercises designed to increase muscular strength, range of motion and activity for daily life. Exercises are performed while seated.

Tai Chi *with Jacky and Trish*

Tuesday at 9:45am

Fee: \$3.00 per class

Tai Chi is a gentle Chinese martial art that involves fluid, choreographed movements. It's an effective exercise for seniors because it is low-impact and can be performed anywhere. Join this class and improve your balance, coordination, flexibility and overall quality of life.

Cardio Drumming Class *with Denise*

Fridays at 10:30am

Fee: \$20.00 for a 9 week session

The next session is January 20 - March 31, 2023

Pre-Registration is required for this class. Registration opens Monday, January 9, 2023

Low impact workout that helps drum off pounds and relieve stress! This fun class uses exercise balls and sticks choreographed to music. Strengthen stabilizer muscles, improve endurance and enhance overall fitness. The class is done standing but can be modified for a seated workout. Space is Limited.



Martin Luther King, Jr. Day

Monday, January 16, 2023

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."



Junk Journal Crafting

Thursdays from 9:00am-Noon

What is a Junk Journal?

Part journal, part scrapbook and part art project. Every junk journal is a unique handmade book, made up of recycled and up-cycled materials.

Uses for a Junk Journal

The pages can be used to write, draw, paint or record memories, thoughts and ideas. The finished product can be anything you want: a Baby Book, Art Journal Travel Journal, Planner, or Diary. The list is endless.



FREE—Just bring your own supplies

Not sure what to bring? Stop by any Thursday and meet the group. They can help you with supplies.

Senior Athletic Passes

These passes are good for entrance into Kenosha middle and high school home athletic events for this school year. Members of the Kenosha Senior Center may receive one FREE pass each year. Non-members may purchase a pass for \$5.00 each.



Support Our Student Athletes!

Passes available at the Kenosha Senior Center



Comfort 4 A Cause

Creating Quilts, Blankets and Cards For Those In Need

Card Making

2nd and 3rd Wednesdays at the Kenosha Senior Center from 12-3

Sewing & Blanket Making

1st and 3rd Wednesdays at Lord of Life Church.

Volunteers & Supplies Donated By:

Tabitha's Sisters, Serenity Quilt Shop, Southport Quilters Guild, Women Of The Moose and Pleasant Prairie Women's Club

Questions?

Call Kim Hemphill 262-914-4543

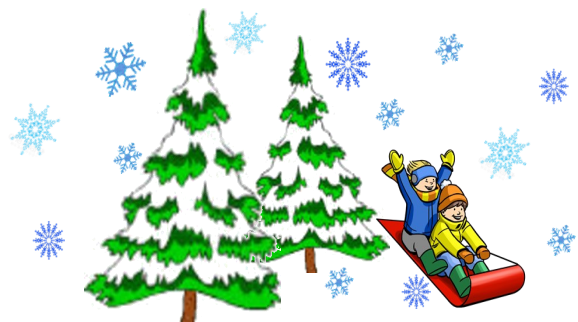


Closing the Senior Center due to Inclement Weather

When the Kenosha Unified School District closes all schools or goes to all virtual learning due to inclement weather, the Kenosha Senior Center will also be closed and no lunch will be served in the building that day.

Listen to local area news or visit the Kenosha Unified Schools website at www.kusd.edu for school closing announcements.

During severe weather, it's best to stay home and off roads unless absolutely necessary. Stay safe and stay warm this winter.



Kenosha Senior Center Memberships

For anyone at least 55 years old (or the spouse of a current member, if you are under 55)

Join Today

Current Membership
2022-2023 Memberships Run From
July 1, 2022 thru June 30, 2023



Membership Form

You can pick up a form at the Senior Center or find one online at
www.kusd.edu/seniorcenter

Membership Card

Renewing Members: You already have your white *Forever Card*
No return envelope is needed.

New Members: A card will be given to you when you turn in your registration form.

Membership Payment

Fee: \$12.00 per year for those in the KUSD boundaries, \$50 if you live outside the boundaries and \$12 if you moved outside the KUSD boundaries and have a current membership (grandfathered in at the \$12 rate).

Questions? Call 262-359-6260



WORDS OF WISDOM

You are never too old to set another goal or to dream a new dream
C.S. Lewis

The secret of change is to focus all of your energy, not on fighting the old, but on building the new.
Socrates

Your present circumstances don't determine where you can go. They merely determine where you start. Nido Qubein

Be always at war with your vices, at peace with your neighbors, and let each year find you a better man.
Benjamin Franklin

Featured Advertisers

Ability Independence

Laundry Relocation - Grab Bars
Walk in Showers
www.abilityindependence.com
Kenosha / 262-697-9277

GVP - Good Value Pharmacy

Great Value! Better Service!
Festival Foods: 3207-80th St. 697-5744
MedCare West: 9916-75th St. 925-0201
Larsen Mayer: 3825-39th Ave. 658-8124
Racine: 5220 Washington Ave. 632-6561

ADT- Monitored Home Security

Get 24 Hour Protection
From a Name You Can Trust
1-855-225-4251

Memory Screen Mondays



8 a.m. - noon
262-605-6646
Appointments recommended

ADRC
Kenosha County
Aging & Disability Resource Center



Monthly Jokes



Youth is when you're allowed to stay up for New Year's. Middle age is when you're forced to.

What New Year's resolution should a basketball player never make? To travel more.

My resolution was to read more...so I put the subtitles on my TV.

"I promise not to make any bad jokes for the rest of the year." - a dad on New Year's Eve

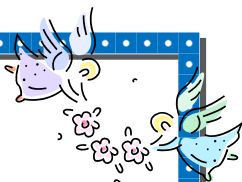
Technology Lessons With Sara

Patient and knowledgeable technology lessons for your smart phone, laptop, tablet, smartwatch or other personal electronic device.

Fee: \$20 for a 1 hour Session
Available Fridays 8:30-1pm by appointment

Call Sara At 262-359-9773
To Schedule Your Lesson

In Memoriam



Our deepest sympathy is extended to the family & friends of all who have recently suffered a loss. Our hearts, thoughts & prayers are with you.

Kenosha Senior Center Newsletter:
January 2023 Published Irregularly

Kenosha
Senior Center
2717 - 67th Street
Kenosha, WI 53143



Member Wisconsin Association
of Senior Centers

Answer to the Word Search from page 12

Winter Wonderland

E F R B Y R E P P I L S C H I L L Y
 P R E R S F F U M R A E F W D L O C
 S O T T I N S Y B S L E Y Y D N I W
 T Z N R O N L E C A L P E R I F O I
 O E I B E C L H P S H O V E L V J E
 O N W T O O A L M T Y R A U R B E F
 B S T A W T O G L O V E S T D E L S
 B I T Z O W C D Y R E T S U L B N S
 M S E T A N R E B I H O R S S O E S
 E R K A S E U R S B R E O N W I X K
 O B N N T S E N H F V N O J R B F A
 E T A J T V O P K E A W A R L H R T
 L E L I I W S C F M S N U I Y E A I
 C C B H S K A N W U U L Z T O A C N
 I A S T I J I O I A F Z S T K T S G
 C A O I G B N T R Z A O I C Y E F L
 I R N A A S A Y G R R Y T S O R F J
 M G A C N L R A D F T A O C O C Z Q

Answer to Sudoku Puzzle #1 on page 13

9	1	5	8	2	6	7	4	3
8	3	4	7	1	9	5	6	2
2	7	6	5	3	4	9	8	1
1	6	7	2	5	8	3	9	4
5	2	8	4	9	3	6	1	7
3	4	9	6	7	1	2	5	8
4	5	3	9	8	7	1	2	6
6	9	1	3	4	2	8	7	5
7	8	2	1	6	5	4	3	9

Answer to Sudoku Puzzle #2 on page 17

2	6	1	5	9	8	7	3	4
8	5	3	4	7	6	2	9	1
9	7	4	1	3	2	5	8	6
3	1	6	7	8	4	9	2	5
5	9	7	2	6	1	8	4	3
4	2	8	9	5	3	6	1	7
6	4	2	8	1	5	3	7	9
7	8	5	3	4	9	1	6	2
1	3	9	6	2	7	4	5	8

Thank you
to our
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